



MONTHLY HEALTH TIPS

JANUARY

- The South Dakota Department of Health recommends 30-60 minutes of physical activity each day to enhance overall health.
- The South Dakota Department of Health recommends eating a healthy balanced diet containing items from all five food groups of the Food Guide Pyramid.
- Bundle up and take a winter hike in a state park near you.
- Avoid hypothermia by wearing layers including a cap, boots and gloves to protect exposed skin.

FEBRUARY

- February is Heart Healthy Month. Heart healthy habits include regular physical activity and a diet that is low in fat and high in fiber.
- Limit sweetened beverages to once a day and check labels for added sugars.
- Try a new winter activity such as cross country skiing, snowshoeing, ice skating, downhill skiing or snow boarding.
- Treat your beautiful smile to a daily brushing and flossing routine.
- Women need to be wise about their health and get a pap test for cervical cancer.

MARCH

- Eat Smart Stay Healthy is the theme for March's National Nutrition Month. Make a healthy breakfast an important practice in your daily routine.
- Devote a portion of your break each day to being active.
- Practice food safety by washing fruits and vegetables and not eating undercooked meats and poultry.
- Invite others to join you in your favorite activity this week.

APRIL

- Spring ahead into new activities such as biking, roller-blading, hiking, disc golf or kayaking.
- Turn your TV off one hour a night this week and do something active instead.
- Eat out only once this week.

MAY

- Know the signs of stroke such as: sudden numbness of the face, arm or leg; sudden confusion, trouble speaking, or understanding; sudden trouble seeing in one or both eyes; sudden dizziness or loss of balance; and sudden severe headaches with no known cause.
- Two steps to preventing osteoporosis are a balanced diet rich in calcium and vitamin D and participation in weight-bearing exercises
- Participate in a sport you have not tried before such as volleyball, basketball, football, tennis, golf or racquetball.
- Watch meat serving sizes. A portion should be the size of a deck of cards or a computer mouse.

JUNE

- Vegetables are very nutritious. Challenge yourself to eat a different vegetable with dinner every day this week.
- Make time for fun. Schedule time for both work and recreation. Play can be just as important to your well-being as work: you need a break from your daily routine to just relax and have fun.
- Choose milk- eat two or more servings of low fat milk, cheese or yogurt daily.
- Did you know that there are over 70 trails in SD state parks across the state? Consider visiting a new trail this week Take a walk with your family.
- Men's Health Week is June 14-20, 2004. Take the opportunity to encourage men and boys you care about to seek regular medical advice and early treatment for disease and injury.

JULY

- Visit a farmers market or local grocery and take advantage of all of the fresh fruits available such as strawberries, peaches, blueberries, plums, and grapes.
- Stay out of the direct sun, especially between 10:00 am and 2:00 pm. Use sunscreen that has SPF of 30 or higher and wear sunglasses to protect your eyes.
- Snack for energy. Try cereal snack mix or trail mix, fresh fruit, bagel chips or whole wheat crackers.
- Try a new fruit or vegetable such as jicama, red onions, pineapple, rutabaga, and apples to make kabobs on your grill.

AUGUST

- Drink plenty of water before, during and after being active, especially when it is hot and humid. It is recommended that you drink at least 8 glasses of water a day.
- The number one cause of foot pain is shoes that are too small. Make sure there is at least a half-inch between your longest toe and the end of the shoe.
- Check out the farmers market for fresh vegetables such as squash, corn, pumpkin, carrots, cucumbers, sweet potatoes, yams, tomatoes, peppers and potatoes.
- Using a pedometer challenge yourself to increase your steps each week.

SEPTEMBER

- Take time to have family dinners. The benefits may include healthier eating and quality family time.
- September is National 5-A Day month! It is recommended that you eat 5-9 servings of fruits and vegetables a day.
- Eat your colors! Try orange/yellow, blue/purple, white, red and green fruits and vegetables.
- One hour of walking at a moderate pace burns the same amount of calories as one jelly filled donut (300 calories).

OCTOBER

- Need a snack? Consider low-fat commercial snacks such as vanilla wafers, animal crackers, ginger snaps, graham crackers, or fig bars.
- Take a walk and enjoy the fall colors.
- Make a healthier version of your favorite meal.
- Get active in your yard raking leaves, gardening or outdoor projects before winter.
- The best gift women can give their families is good health. Take time and get a mammogram.

NOVEMBER

- Consider your health and those around you. Quit using tobacco products today. Call the South Dakota Toll Free Quit Line at 1-866-737-8487.
- Make your health a priority and get tested for diabetes.
- Get your flu shot.
- Take 5 minutes at the beginning and the end of an activity to stretch and properly warm up and cool down your muscles.

DECEMBER

- Remember to practice moderation during the holiday season.
- Take care of yourself! You are important. Get enough rest, be active and eat well.
- Take a healthy dish to a holiday party.
- Park farther away from the office and take the stairs.

Other Health Tips:

- Be Happy! Living your life happily, resiliently, and optimistically is wonderful, but it's also essential to your health.
- Be cautious of products and fad diets that promise quick weight loss. In the long run, they may not work and some may be harmful to your body.
- Plant a garden or a pot with vegetable such as tomatoes. It is great activity plus you will get fresh produce.
- Choose nutritious snacks that you can eat at your work station such as pretzels, fruit, low fat yogurt, fresh vegetables and vanilla wafers.
- While watching TV do stretching activities and walk your stairs during commercials
- A healthy lifestyle means balance in your life. Do everything in moderation.
- Put out a bowl of fruit before leaving for work for after-work nibbling if you need to munch when coming home.

